

Bagels

Rezept von Challah Prince

For 3-4 Bagels you will need:

500g Bread flour
50g Sugar
1 tbsp dry yeast
1 tsp salt
50g Sunflower oil or olive oil
200-230ml lukewarm water
300g Sesame seeds

Let's do it:

1. Mix all the dry ingredients together in a bowl. The flour, sugar, salt, and yeast.
2. Add the oil and slowly start to pour the water into the bowl and use one hand or a mixer to knead the dough for 10 min
3. Once all the ingredients have been fully mixed, The dough is ready to rest and rise when it's flexible, smooth, and soft but not sticky.
4. Make a nice and smooth dough-ball, rub some oil on the top and let the dough-ball rest in the bowl, cover it with a saran wrap or a plastic bag and a kitchen towel. Let the dough rise for around 1,5 hours or until it doubles in size.
5. Divide the dough to 3-4 equal pieces, make a nice dough ball and let it rest for 5-10 min, covered with a kitchen towel. After resting it will be easier to scratch the dough into round shape.
6. Make a hole in the middle of the ball and start rolling it into a large ring
7. Dip it in the water, then like a schnitzel in the sesame.
8. Let it rise for 15 min then place your bagels in a preheated oven at 180°C for around 20-25 minutes.

*Best to eat it and dip it in a Zaatar and Olive oil.